

Segment Four: Science of the Mind

The Flesh

Key Points

1. The Greek word for **flesh** is *sarx* and means the soft substance of the living body. It also represents the sinful nature, the carnal mind, sensual cravings, and animal instincts.
2. *For those who live according to the flesh set their **minds** on the **things** of the flesh, but those who live according to the Spirit set their **minds** on the **things** of the Spirit. – Romans 8:5*
3. The Greek word for **mind** is *phronema*.
4. *Phronema* is a specific kind of thinking and it can do no other, be it flesh, which is **worldly thinking** or **spiritual thinking**, which is truth.
5. The mind of the flesh doesn't **obey** the Word of God, and it's not **capable** of obeying it.
6. There is no **cure** for the flesh. There is only a ferocious determination to overcome and have victory over the mind of the flesh.
7. The flesh gets **stimulated** and puts **chemicals** into your brain that **hijacks** you and **shuts down** your higher reasoning.

⁶*For the mind of the flesh is death, but the mind of the Spirit is life and peace, ⁷because the mind of the flesh is enmity [hostile] against God; for it is not subject to the law of God, neither indeed can it be . . .*

– **Romans 8:6-7 ASV**

Help the men know that they are at war with the flesh. Their spirit is in warfare against their flesh. It is crucial that the men know what the flesh is and how the flesh does warfare. The mind of the flesh does not obey the truth, and it is not capable of obeying it. There is no cure for the mind of the flesh. The truth of God's Word and the power of the Holy Spirit are the only means to dominate the mind of the flesh. They have a decision to make: they need to decide to obey the truth of God's Word and to bow their knee to the power of the Holy Spirit.

Discussion Questions (Stop the tape at **2:35**)

1. What is the flesh? (Let the men struggle with this question. They have heard a great deal about the flesh, and once they have had a chance to discuss this question, *start the tape again.*)

Answer: There are two main aspects of the flesh. The "mind of the flesh" is the part of our brain that was corrupted in the fall. This part of the brain, the limbic system also known as the reptilian brain, can only hear, see, smell, taste, touch, and feel the fleshly stuff of the world's system that comes into and establishes itself in the brain.

The architect and lord of this world's system is Satan. The "mind of the flesh" is connected to a matrix, the demonic world system, described by John Trent and Kenneth Wuest as a "floating mass of thoughts, opinions, maxims, speculations, hopes, impulses, aims, aspirations . . . , which constitute a most real and effective power, being the moral or immoral atmosphere, which at every moment of our lives we inhale."

The *matrix of the world* is a structure of presuppositions, values, and beliefs that work at cross-purposes with the plans and values of the all-good Creator.

This worldly matrix becomes installed in our internal matrix—the brain part of the flesh. The brain of the flesh has an antenna to the stuff that is under the god of this world’s domain.

2. How do you defeat the mind of the flesh?

Answer: The truth of God’s Word and the power of the Holy Spirit are the only means to dominate the mind of the flesh. You have a decision to make: You need to decide to obey the truth of God’s Word and to bow your knee to the power of the Holy Spirit.

Take Captive

Key Points

1. To “take captive” means to lead.
2. You are to lead your thoughts to truth.

Discussion Questions:

1. How do you lead your thoughts? (Let the men search in order to discover that they do *not* know how to lead their thoughts. This will keep them engaged and motivated to learn.)

Answer: The human spirit receives truth from God’s Word and directly from the Holy Spirit.

2. What do you lead your thoughts with?

Answer: The human spirit is responsible for obeying, leading, and transforming the soul—mind, will, and emotions. Our human spirit is the objective observer of our thoughts.

For who among men knows the thoughts of a man except the spirit of the man which is in him? Even so the thoughts of God no one knows except the Spirit of God. – 1 Corinthians 2:11

Tune-Ups

Week Four

The following exercises accompany the Tune-Up for this day. Have the men discuss the exercises.

Tune-Up Day 7

Become a warrior and join with the Holy Spirit. Open your eyes and unplug your ears to the sight and sound of war. The war comes in the form of lies we ingest. We have been consuming these lies since we were very little boys. Become God’s man and have fellowship with Him.

- Write down (journal) any lies that the Holy Spirit brings into your awareness that you currently are entertaining.
- For each lie, write down (journal) the truth that God wants you to believe.
- Say inside (not out loud) a point blank “NO” to the lie and practice the truth instead.
- Practice this truth 10 times today.
- Practice doing the truth, and it will become you!

Tune-Up Day 8

- Develop a habit of life by practicing the skills you have been learning. These skills will keep you following the path of Christ!
- Stay alert! Practice having the same attitude that is in Christ Jesus (Philippians 2:5) toward the lies that are presented everywhere in the world.

- See and hear as a disciple. If you are not one, decide it is time to become one. A disciple is one who follows by imitating the master not just tagging along.